

"Mans Search For Meaning" and other books....

Posted by kvetched - 19 Jun 2011 09:05

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Personally I read my way through any wobbles. Anything from self help books (Susan Jeffers) to religion (Torah). Read books that interest you ( I use history books myself).

DVDs can help, depending on the individual of course, but I enjoy comedy DVDs, they take your mind away.

Run or jog, put on an mp3 and get out and run it off.

Hope this helps?

Kvetched

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